

Weekly Diabetes Update 11-09-07

1. Observe Diabetes Month as National Diabetes Education Program (NDEP) releases a new podcast each day during November

The podcasts use NDEP videos, Public Service Announcements (PSAs) and other products to deliver information and inspirational messages focused on diabetes prevention and control. The podcasts will be available at <http://www.cdc.gov/podcasts/> as a series entitled “We Can Be Stronger Than Diabetes”.

2. International Diabetes Federation (IDF) and NDEP Mark World Diabetes Day

Wednesday, November 14 is the International Diabetes Federation's World Diabetes Day <http://www.worlddiabetesday.org/>, calling attention to the fact that more than 240 million people worldwide are living with diabetes. The total includes an increasing number of children who have type 1 and type 2 diabetes. IDF's theme this year is “Diabetes in Children and Adolescents”.

NDEP's website will go “blue” for the day, changing its color scheme to match the official color of World Diabetes Day.

On World Diabetes Day, NDEP will release the revised Tips for Teens with Diabetes tip sheets and introduce the new, interactive online quiz. Both are aimed at helping teens and their parents understand the importance of managing diabetes to reduce its complications. You can view, download, and order the tip sheets and take the online quiz beginning November 14 at www.YourDiabetesInfo.org.

3. NDEP and Dr. Francine Kaufman Promote Effective Diabetes Management in Teens

NDEP and chair-elect Francine Kaufman, M.D. are reaching out to parents to inform them about the critical role they play in helping their teens manage diabetes.

NDEP's latest feature article, Parents: You Are Key to Helping Your Teen Deal with Diabetes <http://ndep.nih.gov/diabetes/pubs/EDMinTeens.pdf>, written by Dr. Kaufman, sheds light on the growing number of teens in the United States who are obese and the fact that these obesity rates are leading to an increase in the number of teens diagnosed with diabetes.

The article also talks about the issues teens face when dealing with diabetes, including being teased for being overweight and placing blame on themselves or their families for having diabetes. It suggests several ways parents can help their teens cope with diabetes, and it offers readers NDEP's free series of tip sheets <http://ndep.nih.gov/diabetes/youth/youth.htm> (available beginning November 14) to encourage teens to reach out and get support from others, to involve the entire family and health care team in their diabetes care needs, and to take action to manage the disease - one step at a time.

4. National Institutes of Health (NIH) Podcasts

The NIH is developing a series of podcasts as interactive tools you can use as additional diabetes education resources. The podcasts are digital recordings of NIH Research Radio broadcasts that are available for downloading to a personal audio recorder or a computer for your use.

http://www2.niddk.nih.gov/HealthEducation/Interactive_Health_Education_Tools.htm#niddkpodcasts.

In recognition of World Diabetes Day, November's podcast features Francine Kaufman, M.D., NDEP Chair-Elect and Chair of the International Diabetes Federation's Consultative Section on Childhood and Adolescent Diabetes, discussing the revised tip sheets for teens with diabetes. The Spanish-language podcast will feature Saul Malozowski, M.D., Ph.D., M.B.A., also discussing the teen tip sheets.

http://www.nih.gov/news/radio/podcast/2007_Episode_0043.htm

5. Community Access to Child Health Implementation Funds

The Community Access to Child Health (CATCH) Program, an initiative of the American Academy of Pediatrics (AAP), is designed to improve access to health care by supporting pediatricians that are involved in community-based efforts for children. Grants of up to \$12,000 are awarded each year to pediatricians who are members of the AAP and who want to initiate and develop a pilot project that addresses the health needs of children in the community. The application deadline for the 2008 program is January 31. Visit the website <http://www.aap.org/catch/implementgrants.htm> to download the Call for Proposals.

6. Patient-Centered Culturally Sensitive Health Care and Health Promotion Project

Culturally insensitive health care results in lower quality of care and contributes to our nation's health disparities. You are invited to be a part of an innovative research project that aims to improve the health and health care quality of culturally diverse patients.

A national study designed to address health disparities that disproportionately affect the low-income and ethnic minority community is now underway. The principal investigator of this project is Dr. Carolyn M. Tucker and the project is being funded by the Robert Wood Johnson Foundation.

The study will involve a national sample of patients (African Americans, Native Americans, non-Hispanic Whites, Asians, and Hispanics) who will be recruited to rate the patient-centered cultural sensitivity of their providers, office staff, and health care site. Providers and Office staff at each health care site will be asked to complete a self-report evaluation of their cultural sensitivity.

The goal is to recruit 60 health care sites of varying types and sizes from across the country. It is Institutional Review Board (IRB) approved and everyone involved in the study will receive compensation for their time, including patient recruiters, patients, providers, and office staff.

How can you become involved in the project? You can help identify possible health care sites for the study. You may also help by identifying other organizations/individuals who would be interested in helping recruit health care sites for our study. Contact Lexie Mannix, at (727) 267-0662 or amannix@ufl.edu or Dr. Tucker at (352) 392-0601 x260 to learn more about the project.

7. “Wife of Chiefs Head Coach Wants to Tackle Diabetes” (My Fox Kansas City)

As we reflect on the International Diabetes Foundation's theme for World Diabetes Day of children and adolescents with diabetes, our thoughts may turn to the children who have been newly diagnosed and must learn to get into the habit of checking their glucose levels regularly. In order to promote regular blood sugar checks, Lia Edwards, the wife of Kansas City Chiefs Head Coach Herm Edwards, has partnered with the Chiefs and Cerner for the second annual “Tackle Diabetes” Program. The program offers prizes and fun events for participating children with type 1 diabetes who are managing their condition. To read the full article, go to <http://www.myfoxkc.com/myfox/pages/InsideFox/Detail?contentId=4846984&version=1&locale=EN-US&layoutCode=TSTY&pageId=5.7.1>.

8. Study projects 60 percent increase in End Stage Renal Disease (ESRD) population by 2020

The article found at http://www.eurekalert.org/pub_releases/2007-11/ason-sp6102907.php discusses how the rising diabetes rates among aging “Boomers” will contribute to the rising prevalence of end-stage renal disease in the years ahead, according to a paper presented at the American Society of Nephrology's 40th Annual Meeting and Scientific Exposition in San Francisco.

9. Article in MMWR “Self-Monitoring of Blood Glucose Among Adults with Diabetes – United States, 1997-2006”

Dr. Liping Pan published the article found at:

http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5643a3.htm?s_cid=mm5643a3_e.

Highlights from the article: "We found significant increases in daily monitoring of blood glucose levels among adults with diabetes. Using data from the Behavioral Risk Factor Surveillance System (BRFSS), researchers found that adults with diabetes who checked their blood glucose levels at least once a day increased by over 22 percent between 1997 and 2006."

"In 2006, over 63 percent of respondents checked their blood glucose at least once daily. This surpassed the national health objective of 61 percent, as outlined in Healthy People 2010, a government framework for achieving specific health objectives by the year 2010."

10. Diabetes Research News

In separate news stories this week, two St. Louis schools of medicine have released the results of their respective research studies.

- Saint Louis University School of Medicine and Express Scripts Inc. teamed up for a study that showed more children are taking prescription medications for conditions such as diabetes, high blood pressure, cholesterol, and asthma. To read the article published by Reuters, go to <http://www.reuters.com/article/email/idUSN0753906420071107>.
- Washington University School of Medicine reports that fat cells release an enzyme that help the pancreas secrete insulin. Researchers hope to someday use this enzyme to treat people with type 2 diabetes. For more information, see the press release on Washington University's website at <http://mednews.wustl.edu/news/page/normal/10513.html>.

11. National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) WEBSITE FEATURES SPANISH HEALTH INFORMATION

The NIDDK, National Institutes of Health, has launched three new portals to feature Spanish health materials and resources on its website.

People looking for information about diabetes, digestive diseases, or kidney and urologic diseases in Spanish can now go directly to the appropriate Spanish-language portal page, where they will find an A to Z list of topics and titles. The NIDDK has 40 diabetes-related publications, 10 publications about digestive diseases, and 18 kidney and urologic publications in Spanish and will be adding more than 30 Spanish publications in the future, including one-page fact sheets that are part of the NIDDK's Awareness and Prevention series.

The online system for ordering NIDDK materials now includes descriptions in Spanish of available publications to help visitors choose the resources they want.

The NIDDK website also links to the Spanish portals for MedlinePlus and the National Kidney Disease Education Program. Additional links allow visitors to access the NIDDK Reference Collection, a free, online, searchable database that includes 78 Spanish resources; the National Diabetes Education Program homepage, where they can search for Spanish-language resources; and the NIDDK Interactive Tools page, where they can search for health tools such as quizzes, videos, and tutorials.

"With these new Spanish portals, we hope to make important health information available to more people who need it," said Kathy Kranzfelder, the NIDDK's director of Health Information Clearinghouses. "The NIDDK website plays a vital role in achieving our mission, including the effective dissemination of health information."

Two full-time bilingual information specialists respond to requests for Spanish health materials from the NIDDK clearinghouses. In the past 12 months, more than 17,500 Spanish publications were ordered through the clearinghouses. The NIDDK responded to more than 700 information requests in Spanish during that time.

The new Spanish portals are available at:

- <<http://www.diabetes-espanol.niddk.nih.gov/>> for diabetes information
- <<http://www.digestive-espanol.niddk.nih.gov/>> for digestive diseases information
- <<http://www.kidney-espanol.niddk.nih.gov/>> for kidney and urologic diseases information

12. 2007 EDITION OF WOMEN'S HEALTH DATA BOOK RELEASED

Women's Health USA 2007, the sixth edition of the data book, presents a profile of women's health at the national level from a variety of data sources. The data book, developed by the Health Resources and Services Administration, includes information and data on population characteristics, health status, and health services utilization. New topics in the 2007 edition include autoimmune diseases, gynecological and reproductive disorders, and digestive disorders. Racial and ethnic, sex and gender, and socioeconomic disparities in women's health are also highlighted. The data book is intended to be a concise reference for policymakers and program managers at the federal, state, and local levels to identify and clarify issues affecting women's health. It is available at http://www.mchb.hrsa.gov/whusa_07/index.htm.

**13. WEB SITE EXPANDS TO INCLUDE NUTRITIONAL
ADVICE FOR PREGNANT AND BREASTFEEDING WOMEN**

MyPyramid for Pregnancy and Breastfeeding provides individualized guidance to meet the unique nutritional needs of women who are pregnant or nursing. The new section of the MyPyramid.gov Web site was developed by the U.S. Department of Agriculture's Center for Nutrition Policy and Promotion in conjunction with the Special Supplemental Nutrition Program for Women, Infants and Children (WIC) to include specific advice for pregnant and breastfeeding women consistent with the 2005 Dietary Guidelines for Americans. A user can input basic data to receive an individualized MyPyramid Plan, called "MyPyramid Plan for Moms." This plan provides recommended amounts to eat from each food group, by trimester of pregnancy or stage of breastfeeding. The Web site also includes information on nutritional needs during pregnancy and breastfeeding, weight gain during pregnancy, weight loss during breastfeeding, dietary supplements, food safety, and special health needs. Numerous links to additional information on pregnancy or breastfeeding available from other federal agencies is also included. The Web site is available at <http://www.mypyramid.gov/mypyramidmoms/index.html>. The information is also available in three fact sheets at the WIC Works Web site at http://www.nal.usda.gov/wicworks/Topics/MyPyramid_Resources.html.